

CITY OF LONG BEACH PARKS, RECREATION & MARINE COMMUNITY RECREATION SERVICES

CALIFORNIA RECREATION CENTER
ERNEST SAMUEL MCBRIDE, SR. PARK
 1550 MARTIN LUTHER KING, JR. AVENUE
 LONG BEACH, CA 90813
 (562) 570 - 1605

Senior Center Hours
Monday through Fridays
9:00 a.m. to 2:00 p.m.

FEBRUARY 2018

Staff at California Recreation Center's Senior Center is Committed to maintaining a safe and productive environment for people 50 years of age and over participating in Senior Programming.

SPECIAL EVENTS PLANNED
Taste of Soul February 9th
Valentines Celebration February 14th
Celebrating Music February 16th
Quilting & the History February 23rd

PROGRAMS/ACTIVITIES

Blood Pressure & Diabetes Screening:
 Third Wednesdays, 9:30—11:30 am.

Brown Bag Program:
 First & Third Wednesday 8:30—9:30 am
 Food distributed through Long Beach Food Bank

City Council Food Distribute 3rd Friday of the month 9 am

F.A.M.E. Taxi Vouchers & Bus Token Assistance:
 For qualified Seniors 55 & Adults
 Monthly when available

H.S.A Lunch Program. Mon-Fri. 12 pm
 Human Services Association (H.S.A) provides a nutritional lunch for ages 62+, for menus call (562) 806-5400
Quilting Class, Fridays 9—11 am
Tec. Class 11 am—12 noon
Exercise M-W-Th-Fri 10 am—11am

Dance/Exercise with David Ong Mondays & Fridays
 Time: 10—12
Tai Chi with Peter Tuesdays & Wednesday 10 am—12 noon
ESL Class For Khmer Tuesdays 11 am—12 noon
Support Group by LACDMH Wednesdays 10 am—11 am

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;">Black History Month</p>			1 <i>Knowing your Electronics</i> 10 am—11 am	2 <i>Sr. Exercise</i> 10 am.—11 am
5 <i>Sr. Exercise</i> 10 am—11 am	6 <i>Bingo</i> 10 am <i>Arts n Crafts</i> 1030—1130	7 <i>Sr. Exercise</i> 10 am—11 am	8 <i>Computer Class</i> 10 a.m.	9 <i>Taste Of Soul</i> 12:00 p.m.
12 <i>Sr. Exercise</i> 10 am—11 am	13 <i>Bingo</i> 10 am <i>"Name your Game"</i> 11 am	14 <i>Valentines Celebration</i> 	15 <i>Knowing your Electronics</i> 10 am—11 am	16 <i>Celebrating Music</i> 11 a.m.—2 p.m.
19 <i>Sr. Exercise</i> 10 am—11 am	20 <i>Bingo</i> 10 am <i>"Name your Game"</i> 11 am	21 <i>Sr. Exercise</i> 10 am—11 am	22 <i>Computer Class</i> 10 a.m.	23 <i>Quilting and the History behind it</i> 10:00 a.m. 12: 00
26 <i>Sr. Exercise</i> 10 am—11 am	27 <i>Bingo</i> 10 am <i>"Name your Game"</i> 11 am	28 <i>Sr. Exercise</i> 10 am—11 am		